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tion, and if they had heard of it, they do not realize the full importance of it. If they did, in due time the small hospitals would be compelled to either comply with the state laws or close the training school for want of pupil nurses, which would be only right, since they do not choose to consider their pupil nurses' future welfare. May I suggest that one way to accomplish this, would be for each state association to publish a notice in all the weekly and daily papers giving the names of the hospitals that are recognized by the state board, and stating what state registration means to nurses. I should be glad to hear the opinions of other nurses on this subject through the JOURNAL.

"M. B."

Iowa.

HOW MOTHER'S MILK MAY BE INCREASED

DEAR EDITOR: I always read with interest anything pertaining to the welfare of babies. In a late issue of the AMERICAN JOURNAL OF NURSING an interesting writer says: "If every mother could be urged to nurse her baby during the first year, if nature's supply could be stimulated so that she could do so. . . ." I feel that I must add my mite to the discussion of the general welfare of babies.

Most mothers who have insufficient milk can increase the supply by drinking malted milk three or four times a day. I used three *heaping* teaspoonfuls in a glass of hot water an hour before meals. Coffee is very frequently the cause of the milk drying, though some mothers can use coffee without *apparently* injuring the milk supply. The quantity is not always affected by coffee, though the quality may be. I know one mother who did not give up her coffee but took malted milk and had quantities of milk. The baby either nursed or cried all the time until it was four months old. It was scarcely more than a skeleton when its grandmother discovered it was hungry. They gave it the malted milk direct after that, and it grew fat and happy. Another baby came to the same mother in less than a year after weaning the first one; she gave up coffee and needed no malted milk to help nurse the second, and he thrived from the start.

Another cause of insufficient milk is acid fruit, etc. Even tomato and orange will cause a decrease in some mother's milk and the baby will go hungry.

Candy and sweets, especially chocolate, will increase the quality and quantity, and I am sure if it is properly explained to mothers they will give up coffee and nurse the baby if they really love it.

About the nipples of nursing mothers, I wish to say that cocoa butter will prevent any soreness, cracks, or fissures *if applied after each nursing* for two or three weeks.

V. C.

New Mexico.

THE FOREIGNER IN OUR WARDS

DEAR EDITOR: How many nurses have stopped to think of the helpless position of the many foreigners admitted to our wards, not knowing a word of English? Of how far short we fall from our standards of nursing in caring for these people because we do not speak their language and because we have not the patience to establish an elementary sign language which will be helpful to all? Of the mental anxiety of these poor creatures, who wonder what ails them, what the doctor thinks of them, and what the outlook is?

Have they ever stopped to imagine themselves in their places? Ill in a foreign land, often alone, not understanding a word,—not speaking enough to even